

Spinal Planking: Plank 3-5 times per week (ideal would be once in morning and once at bed each day you plank)

Start on you knees and elbow if needed: or assume the push up position!!!

1. Hold for as long as you can to start
If it is only 15 seconds, then start there
2. Hold for as long as you can and then rest for as long as you need to be able to repeat holding until to reach 5 minutes all together of planking
3. As you strengthen you will hold longer and longer and eventually be able to finish 5 minutes of plank in less than a 10-15 minute period with very little resting....If you get really good you might even hold it in one try!!!!

